

Spicy Pork Meatballs

RECIPE BY Rose Street Pantry

PREP 30 MIN

COOK 30 MINS

SERVES 3 - 4

LEVEL CAPABLE

INGREDIENTS

- 500g pork mince
- 1 carrot grated
- 1 zucchini grated
- 1 apple grated
- Large pinch of salt (Murray River)
- 1 tsp of veggie stock powder
- 2 tbsp of egg replacer (or 1 egg whisked)
- 3 tbsp olive oil (Mount Zero) – to fry meatballs
- 1 tsp of chicken bone broth powder/stock powder
- 1 dessertspoon of chilli oil mix or chilli powder/sauce to your liking
- 1 bunch of fresh basil chopped (half for meatballs and the other half for sauce)

THE SAUCE

- 1 zucchini
- 1 punnet of cherry tomatoes
- 1 red capsicum)
- Parmesan cheese finely grated (approx. 100g)
- 1 dessertspoon of chilli oil mix or chilli to your liking
- 1 can of diced tomatoes or chopped fresh tomatoes
- 40g/2 tablespoons of butter
- Pasta of your choice (approx. 500g)

METHOD

- STEP 1** To make the meatballs mix the mince, chilli, half the chopped fresh basil leaves, salt, grated carrot, zucchini, apple, egg replacer, veggie and chicken stock powder in a large bowl
- STEP 2** Roll one meatball, flatten it and fry it in the pan to taste the mixture and season accordingly with more salt, chilli, stock etc
- STEP 3** Roll meatballs and fry in a large pan. Let them fry until they are well cooked & brown before turning them. Don't keep turning them otherwise they may fall apart.
- STEP 4** Once the meatballs are cooking chop your red capsicum and drop that into the pan around the meatballs with the butter
- STEP 5** Put your pasta on to cook.
- STEP 6** Add the chopped zucchini and chilli oil mix to the capsicum. If the pan is too full or the meatballs start to fall apart take the meatballs out until you finish the sauce.
- STEP 7** Once the meatballs are cooked and the zucchini is browning add the tin of tomatoes and remaining fresh basil leaves. Then add half the grated parmesan.
- STEP 8** Add your cooked pasta and warm through. Serve topped with grated parmesan.